



NORTH DAKOTA
DEPARTMENT *of* HEALTH
Children's Special Health Services

Autism Spectrum Disorders Resource Booklet

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Disclaimer

The content within this booklet is for informational purposes only. It is not intended to be a substitute for professional medical advice. Families are encouraged to discuss the information in this booklet with their child's doctor or other health-care providers.



The Autism Awareness Ribbon

The puzzle pattern of this ribbon reflects the mystery and complexity of autism.

The different colors and shapes represent the diversity of those living with this disorder.

The brightness of the ribbon signals hope — hope through research and increasing awareness in people like you.



Specialty Health Services

For nearly all children on the autism spectrum, evaluation by an experienced team of professionals is necessary for an accurate diagnosis and optimal treatment planning. Families are an essential partner to the team, as they are the principle caregiver and the center of strength and support for the child. The following link provides access to a resource that offers guidelines for the care of children with an autism spectrum disorder: www.ohsu.edu/cdrc/medicalhome/docs/autism.pdf.

Multidisciplinary Clinics

For more information about Children's Special Health Services (CSHS) clinics, review the following link: www.ndhealth.gov/cshs/docs/clinic-schedule.pdf.

Great Plains Interdisciplinary Autism Diagnostic Clinic (GPIC)

Children's Special Health Services (CSHS) supports autism clinics in Jamestown and Minot. The purpose of these clinics is to provide diagnostic services, including screening and follow-up services, to families of referred children. Referrals most often are made by local providers, but can also be made by families. Two children are screened at each clinic in an arena-style format. In this environment, the interdisciplinary team works in one room with the family present to perform screening and provide recommendations to the family. The sites for the autism clinics are listed below:

Jamestown

Anne Carlsen Center
701 3rd St. N.W.
Jamestown, ND 58401

Minot

Minot State University Campus
500 University Ave. West
Minot, ND 58707

For more information, contact GPIC's Family Support Specialist at 800.233.1737.

Sanford Health's Pediatric Developmental Evaluation Clinic (Fargo)

This clinic is for any child (age 6 months and older) for whom a full developmental assessment is warranted. In the clinic, each child is evaluated fully by a speech therapist, occupational therapist, pediatrician and dietician. The families also are seen by a medical social worker and a registered nurse. Diagnosis of an autism spectrum disorder facilitates at least one follow-up visit with the child and family. These visits are intended to monitor the child's progress and ensure that appropriate services are in place for the child and family. For more information, contact Sanford Health's Coordinated Treatment Center at 800.828.2901.

Altru's Developmental Assessment Clinic (Belcourt and Fort Totten)

These clinics (sponsored by a grant through CSHS) provide annual developmental assessments for high-risk children in Belcourt and Fort Totten. A team of specialists perform comprehensive evaluations to determine the need for further services. For more information, call 701.780.2477.

Altru's Pediatric Developmental Clinic (Grand Forks)

This clinic serves children who are considered to be at risk for developmental issues. Located in Altru's Main Clinic, the Pediatric Developmental Clinic integrates physical and occupational therapy screenings as well as nutrition services with the child's physician appointment. Together, the team then determines if the child has a need for additional services. For more information, call Altru Pediatrics at 701.780.6110.

Rehab Pediatric Therapies Screening Clinic with a Focus on Autism Screening

This clinic is held four times per year and features a multidisciplinary team that eliminates the need for parents to attend multiple appointments on different days. Parents and providers who have concerns regarding a child's development have access to the screening clinic at no cost. For more information, please call 701.780.1540 or 701.780.2481.

Support Autism in North Dakota (SAND)

The Support Autism in North Dakota (SAND) project is designed to improve North Dakota's infrastructure to provide comprehensive, coordinated health care and related services for children and youth with Autism Spectrum Disorders (ASD) and other developmental disabilities. For questions or more information, contact the project director at 701.858.3008.



Genetic Services

Genetic/Birth Defect Clinics are held periodically throughout the state. For clinic schedule information, call Children's Special Health Services toll-free at 800.755.2714 or contact the following:

Division of Medical Genetics

Department of Pediatrics
UND School of Medicine and Health Sciences Room 5910
501 Columbia Road North STOP 9037
Grand Forks, ND 58201
Telephone: 701.777.4277 or 701.772.5301
www.med.und.nodak.edu/pediatrics/genetics

Sanford Health Medical Genetics

737 Broadway North
Fargo, ND 58102
Telephone: 701.234.2362
www.north.sanfordhealth.org/medicalservices

Informed Medical Decisions

(telehealth genetic counseling services)
North Dakota Contact:
Marie Schuetzle, MS, CGC
Senior Genetic Counselor
Telephone: 760.230.4251
Fax: 760.203.1194
www.informedDNA.com



WHEN TO WORRY



GETTING A DIAGNOSIS

Therapy Providers for Autism Spectrum Disorders

Bismarck

Sanford Health Pediatric Rehabilitation
701.323.6097
www.medcenterone.com

Red Door Pediatric Therapy
701.222.3175
www.reddoorpediatric.com

St. Alexius Pediatric Therapy
701.530.5550
www.st.alexius.org

Kids Therapy Center
701.751.0384
www.thekidstherapycenter.com

Dickinson

Rehabilitation Visions
701.483.9400

Fargo

Beyond Boundaries Therapy Services
701.356.0062
www.beyondboundaries.us

Fargo-Moorhead Pediatric Therapy
701.261.4643
www.fargo-moorheadpediatrictherapy.com

Essentia Health Pediatric Therapy Services
701.364.6247
www.essentiahealth.org

Sanford Health
701.234.6500
www.north.sanfordhealth.org/medicalservices

North Dakota Autism Center
701.277.8844
www.ndautismcenter.org

Pediatric Partners
701.232.2340
www.pediatrictherapypartners.com

Grand Forks

Altru Health System Pediatric Therapy Services
701.780.2477
www.altru.org

Little Miracles, Inc.
701.772.3851
www.littlemiraclesinc.com

Hettinger

West River Health Services
701.567.4561
www.wrhs.com

Jamestown

Jamestown Hospital
701.952.4842
www.jamestownhospital.com

Minot

Trinity Health
701.857.5623
www.trinityhealth.org

Valley City

Mercy Hospital
701.845.6400
www.mercyhospitalvalleycity.org

Williston

Mercy Medical Center
701.774.7436
www.mercywilliston.org

Additional Resources

Anne Carlsen Center (ACC) offers a rich tradition of empowering individuals with disabilities and their families. Their experienced staff provides compassion, training, services and supports in homes and communities across North Dakota. On the Jamestown campus, they meet the educational, residential and therapeutic needs of children and young adults with autism, behavior disorders, medical fragility and other developmental disabilities. They also provide services in the home through customized supports for individuals from birth to age 21. In addition, through their community-based services (i.e., in-home supports and community day supports), Anne Carlsen accommodates individuals of all ages, including adults. For more information about services in the Dickinson and Bismarck locations, call 701.934.1144. www.annecenter.org

Fargo

1323 23rd St. S.
Fargo, ND 58103
701.364.2663

Grand Forks

2860 10th Ave. N.
Suite 400
Grand Forks, ND 58203
701.757.4200
888.815.3770

Jamestown

701 3rd St. N.W.
Jamestown, ND
701.252.3850
800.568.5175

Autism Waiver provides services for young children from birth to age 5 who have a diagnosis of an autism spectrum disorder. The waiver will give families access to an evaluation team that can validate their child's diagnosis and serve as a resource for the family's local service providers. Other waiver services include Developmental Disabilities Program Management, parent training and support (Intervention Coordination), and In-Home supports (additional care giving to help with day-to-day activities and respite). The waiver also provides financial help with the cost of equipment, supplies and environmental modifications. Apply by contacting the Developmental Disabilities Unit at one of the regional human service centers. Contact information is online at www.nd.gov/dhs/locations/regionalhsc.



WHEN TO WORRY

GETTING A DIAGNOSIS

FINANCIAL HELP

Birth to Three Early Intervention is a support and service program designed to help families with children from birth to age 3, with disabilities and/or developmental delays. The goal of this program is to improve a child's development and to increase involvement in family and community life. By partnering with families, ND Early Intervention provides them with the tools and support they need to help their child be successful. Qualifying families have access to a wide array of professionals, including case management and an experienced parent specialist. Anyone, including family members, can refer a child for a free developmental evaluation, with eligibility based on the following criteria:

- Displays a 50 percent delay in any area of development (cognition, communication, motor, self-help, or social emotional skills).
- Displays a 25 percent delay or more in any two areas of development.
- Has a diagnosis or disability that impairs typical development.
- Has a significant health condition that puts them at high risk for developmental delays.
- Has vision or hearing loss.

ND Early Intervention also includes a screening program called Right Track. This program offers free developmental screenings and parent information. To make a referral or to learn more, call the Disability Services Division at 800.755.8529 or visit www.nd.gov/dhs/services/disabilities.



Interventions for Autism Spectrum Disorders (ASD)

There are a number of behavioral and educational interventions currently available for individuals with ASD. Not every treatment may be appropriate for every child.

One way to determine if a particular treatment may be effective is to evaluate the research. The National Standards Report from the National Autism Center (NAC) utilizes a Strength of Evidence classification system to demonstrate the NAC's confidence about the efficacy of a specific intervention. Ratings reflect the quality, quantity and consistency of the research findings.

The 2009 National Standards Report can be found online at:
www.nationalautismcenter.org/pdf/NAC%20Standards%20Report.pdf.

It is also important that you speak with your child's physician to discuss the different therapy options.



Evidence-Based Practices

Type of Intervention	Ages	Diagnostic Classification Autistic Disorder (AD); Aspergers Syndrome (AS); Pervasive Developmental Disorder- Not Otherwise Specified (PDD-NOS)
Antecedent Package	3-18	AD
Behavioral Package	0-21	AD; PDD-NOS
Comprehensive Behavioral Treatment for Young Children	0-9	AD; PDD-NOS
Joint Attention Intervention	0-5	AD; PDD-NOS
Modeling	3-18	AD; AS; PDD-NOS
Naturalistic Teaching Strategies	0-9	AD; PDD-NOS
Peer Training Package	3-14	AD; PDD-NOS
Pivotal Response Treatment	3-9	AD
Schedules	3-14	AD
Self-Management	3-18	AD
Story-Based Intervention Package	6-14	AD; AS

Useful Websites

Applied Behavior Analysis (ABA)

www.behavior.org/autism

www.abaresources.com

www.aba4autism.com

Different types of ABA include (but are not limited to):

- **Discrete Trial Training (DTT)**
www.polyxo.com/discretetrial
www.dtttrainer.com
- **Pivotal Response Training (PRT)**
www.autismspeaks.org/treatment/prt.php
www.dbpeds.org/articles/detail.cfm?TextID=229
- **Early Intensive Behavioral Intervention (EIBI)**
www.asatonline.org/intervention/procedures/early.htm
www.bcbs.com/blueresources/tec/vols/23/23_09.pdf
- **Verbal Behavior Intervention (VBI)**
www.teenagerswithautism.com
www.verbalbehaviorapproach.com/

Occupational Therapy

www.webmd.com/brain/autism/benefits-of-occupational-therapy-for-autism

www.aota.org/Consumers/WhatisOT/RDP/Facts/38517.aspx

Speech Therapy

www.webmd.com/brain/autism/benefits-speech-therapy-autism

www.asha.org/uploadedFiles/public/speech/disorders/TESAutisticSpectrum.pdf

Social Stories™

www.polyxo.com/socialstories

www.thegraycenter.org

www.sandbox-learning.com

Family Support Services

PARENT SUPPORT

Care Coordination for Children with Special Health-Care Needs

Meeting the complex health needs of children and their families often requires special assistance in the form of care coordination. The Care Coordination Program through Children's Special Health Services (CSHS) helps eligible families access services and resources in their community and, when needed, across multiple service delivery settings. For more information, refer to the following websites:

- **Medical Home** www.medicalhomeinfo.org
- **Grand Forks Public Health**
<http://grandforksgov.com/gfgov/Health.nsf/Pages/Care+Coordination>
- **County Social Services**
www.nd.gov/dhs/locations/countysocialserv/index.html
- **North Dakota Integrated Services** www.ndcpd.org/ndis/

Child Care Assistance Program provides financial assistance to low-income families for child care costs.

North Dakota Department of Human Services
600 East Boulevard, Dept. 325, Bismarck, ND 58505
701.328.2332

Public Assistance Toll-Free Number: 800.755.2716

www.nd.gov/dhs/services/financialhelp/childcare.html

Child Care Resource and Referral provides assistance locating child care and other related services.

Bismarck – 701.223.1510 or 888.223.1510
Fargo – 218.299.7026 or 800.941.7003
Grand Forks – 701.772.3435 or 888.778.3435
Minot – 701.838.7800 or 800.450.7801
Jamestown – 701.252.0350 or 888.767.0350
www.ndchildcare.org

FINANCIAL HELP



Disability Services Division provides services to North Dakota citizens of all ages with developmental disabilities. Call your regional Human Service Center or the Disability Services Division at 800.755.8529. www.nd.gov/dhs/services/disabilities

- **Family Care Option** provides respite care to families through short-term foster home placement.
- **Family Subsidy Program** provides financial help needed by the family to care for the child at home.
- **Infant Development Program** provides intervention services in the home or other natural settings by trained professionals to promote optimum development of children from birth to age 2.
- **Respite Care Program** provides services of a specially trained caregiver to provide the family with occasional relief from the stress of providing care.
- **Right Track** provides child development consultations for children from birth to age 3. For more information, call 800.755.8529.
- **Supportive Home Care** assists with and teaches parents about the special care the child needs.
- **Experienced Parent Program** provides support services to parents with children enrolled in early intervention.

Family Voices of ND is a health-care information and education center, which includes the Parent to Parent Project, a program that offers emotional support to families. Call 701.493.2634 or 888.522.9654 www.fvnd.org

FamNet supports collaboration between family support organizations to improve health outcomes for families of children, youth and adults with special health-care needs and/or disabilities. Partner agencies have come together to develop a portal to help guide others to agencies that will best help meet family needs. www.ndcpd.org/famnet

Federation of Families provides support and advocacy for children's mental health. Call 701.250.1795 or 800.492.4951 www.fcsn.org

Legal Services of North Dakota

P.O. Box 1893
Bismarck, ND 58502-1893
701.222.2110 or 800.634.5263

National Alliance on Mental Illness North Dakota

P.O. Box 3215
Minot, ND 58702-3215
701.857.3345

CHILD SUPPORT

National Dissemination Center for Children with Disabilities (NICHCY) is an information clearinghouse that provides free information about disabilities and disability-related issues. For more information, call 800.695.0285.
www.nichcy.org

Pathfinder Family Center, Inc.

Statewide Parent Training and Information
1600 2nd Ave. S.W., Ste.19
Minot, ND 58701
701.837.7500 or 800.245.5840
www.pathfinder-nd.org

PARENT SUPPORT

Protection and Advocacy Project

400 E. Broadway, Ste. 409
Bismarck, ND 58501
701.328.2950 or 800.472.2670
Fax: 701.328.3934 TTY: 800.366.6888
www.ndpanda.org

Regional Resource Centers for Independent Living provides services that help young people with disabilities with transition from home and school to the work place and independent living. www.freedomrc.org/links.html

FINANCIAL HELP

Dakota Center for Independent Living

311 East Broadway
Bismarck, ND 58501
701.222.3636 or 800.489.5013

Options Interstate Resource Center

318 3rd St. N.W.
East Grand Forks, MN 56721
218.773.6100 or 800.726.3692

Freedom Resource Center

2701 9th Ave. S., Ste. H
Fargo, ND 58103
701.478.0459 or 800.450.0459

Independence, Inc.

300 3rd Ave. S.W., Ste. F
Minot, ND 58701
701.839.4724 or 800.377.5114

ADVOCATING

Ronald McDonald House Charities provides a temporary residence near the medical facility where family members can sleep, eat, relax and find support from other families in similar situations. In return, families are asked to make a donation, but if that isn't possible, the stay is free.

Bismarck

609 N. 7th St.
Bismarck, ND 58501
701.258.5076
www.rmhcibismarck.com

Fargo

1330 18th Ave. S.
Fargo, ND 58103
701.232.3980
www.rmhcifargo.org

Information and Referral Services

Children's Special Health Services (CSHS)

North Dakota Department of Health
State Capitol – Judicial Wing
600 East Boulevard Ave., Dept. 301
Bismarck, ND 58505-0200
701.328.2436 Toll-free: 800.755.2714 Relay TDD: 701.328.3975
E-mail: dohcshsadm@nd.gov

Children's Special Health Services is a program that helps children with special health-care needs and their families. Individuals are encouraged to call CSHS for free health-care information. CSHS can also help with referrals to health-care providers and special programs for children with chronic health conditions.

www.ndhealth.gov/cshs

County Social Services administers economic assistance and social service programs. To inquire about assistance, please check your local phone book under county government. www.nd.gov/dhs/locations/countysocialserv

Pediatricians and Family Doctors

Lists of primary care doctors who practice in North Dakota are available upon request. All children benefit from a medical home. A medical home is not a building, but rather an approach to providing comprehensive medical care. In a medical home, a physician or other medical provider works in partnership with the family/patient to assure that the medical and non-medical needs of the child/youth are met. Through this partnership, the medical provider can help the family/patient access and coordinate specialty care, educational services, out-of-home care, family support, and other public and private community services that are important to the overall health of the child and family.

Public Health

Local public health units provide a variety of services such as immunizations, home visits, high-risk infant follow-up, general child health services, community wellness programs, and school health screenings. www.ndhealth.gov/localhd

WHEN TO WORRY

GETTING A DIAGNOSIS

PARENT SUPPORT

FINANCIAL HELP

Organizations

Autism Society of North Dakota (AutismND)

The purpose of AutismND is to increase public awareness; advocate for appropriate services; provide information regarding treatment, education, research and advocacy. Call 800.328.8476 (800.3AUTISM). www.autism-society.org or www.autismnd.org

Autism Speaks provides funding for research into the causes, prevention, treatments and a cure for autism; to increase awareness of autism spectrum disorders. Call 888.288.4762 (888.AUTISM2) www.autismspeaks.org

National Autism Association of Central North Dakota

The purpose is to create direct-assistance programs for families affected by autism; to provide autism research funding, ongoing advocacy, support and education. Call 877.622.2884 (877.NAA.AUTISM). www.nationalautismassociation.org

North Dakota Autism Center, Inc. (NDAC)

NDAC offers The AuSome Kids Day Program and AuSome Kids 1:1 Early Intervention Program. The Day Program is a center-based child care program for preschool and school-age children with autism spectrum disorders and similar disabilities. The Early Intervention Program is a personalized program for children with autism spectrum disorders. The NDAC staff uses positive reinforcement, prompting and social stories to assist the development of communication skills, appropriate play skills, social interaction skills, academic skills, and self-help skills as well as the reduction of challenging behaviors.

4733 Amber Valley Parkway, Ste. 200

Fargo, ND 58104

701.277.8844

www.ndautismcenter.org

Talk About Curing Autism (TACA)

TACA holds monthly meetings that feature educational speakers on important topics and allow family members to connect with one another and stay on top of the latest information in the autism world. Each TACA group maintains a resource library of the latest autism books and DVDs/CDs that can be checked out by members at no charge.

www.talkaboutcuringautism.org

Easter Seals Goodwill ND, Inc.

Services include, but are not limited to respite or relief care; personal care services and domestic homemaker services; equipment loan; advocacy for individuals with disabilities; and information and referral.

Dickinson

2125 Sims St.
P.O. Box 361
Dickinson, ND 58602-0361
866.895.1587

Jamestown

203 Business Loop West
P.O. Box 756
Jamestown, ND 58402-0756
866.897.6004

Fargo

15 South 21st, Ste. 105
Fargo, ND 58103-1435
866.895.1588

Mandan

211 Collins Ave.
P.O. Box 1206
Mandan, ND 58554-1206
701.663.6828 Toll-free: 800.247.0698
www.esgwnd.easterseals.com

Grand Forks

3651 S. Washington St.
Grand Forks, ND 58201-7201
866.876.1015

Minot

800 12th Ave. S.W.
Minot, ND 58701-9114
866.895.1589

North Dakota Interagency Project for Assistive Technology (IPAT)

Services include information and referral, training, technical assistance to systems and individuals, equipment loan library, outreach activities, a link between state and private entities, resource development, alternative loan program, and dissemination of assistive technology materials based on consumer input. www.ndipat.org

Fargo

3509 Interstate Boulevard
Fargo, ND 58103
701.365.4728 or
800.895.4728

Bismarck

400 East Broadway, Ste. 501
Bismarck, ND 58501
701.355.4615 or
888.540.4728

North Dakota Center for Persons with Disabilities

Minot State University
500 University Ave. West
Minot, ND 58707
800.233.1737
www.ndcpd.org

CHILD SUPPORT

PARENT SUPPORT

FINANCIAL HELP

North Dakota Chapter of the March of Dimes Birth Defects Foundation

1330 Page Drive, Ste. 102

Fargo, ND 58103

701.235.5530

www.marchofdimes.com/northdakota

Shriners Hospitals for Children-Twin Cities provides care for children (age 17 and younger) with orthopedic problems and burns. Some of the common orthopedic problems treated at Shriners include scoliosis, osteogenesis imperfecta, orthopedic problems of cerebral palsy, hand problems, back problems, limb deficiencies and growth problems, orthopedic problems of spina bifida with myelodysplasia, club foot and dislocated hip, leg-length discrepancies, orthopedic problems resulting from neuromuscular disorders, legg-perthes disease, rickets, and juvenile rheumatoid arthritis. Evaluation clinics are offered throughout North Dakota. For more information, call Shriners Hospital for Children –Twin Cities at 888.293.2832 or the patient referral line at 800.237.5055. www.shrinershq.org

The Arc of North Dakota

The Arc is a member and volunteer-driven nonprofit organization that offers advocacy, education and family support to children and adults with intellectual disabilities and related developmental disabilities and their families.

Bismarck

The Arc of Bismarck

1211 Park Ave.

Bismarck, ND 58504

701.222.1854

www.thearcofbismarck.org**Grand Forks**

The Arc, Upper Valley

2500 Demers Ave

P.O. Box 12420

Grand Forks, ND 58208-2420

701.772.6191

www.thearcuppervalley.com**Dickinson**

The Arc of Dickinson

P.O. Box 1421

Dickinson, ND 58601

701.483.4272

Valley City

The Arc of Barnes County

700 11th St. N.W. #135

Valley City, ND 58072

701.845.5845

Fargo

The Arc of Cass County

255 North University Drive

Fargo, ND 58102

701.293.8191

www.arccassnd.com

Libraries

North Dakota Center for Persons with Disabilities Autism Links

www.ndcpd.org/alinks

North Dakota State Library

701.328.4622 or toll-free at 800.472.2104

www.library.nd.gov

Children's Special Health Services Resource Library

Toll-free: 800.755.2714

www.ndhealth.gov/cshs/docs/cshs-resource-catalog.pdf

Pathfinder Services of North Dakota Library

Toll-free: 800.245.5840

www.pathfinder-nd.org/lib.html

Prevention Resource Center

Topics in mental health, substance abuse, aging and disabilities

Toll-free at 800.642.6744

<http://odinlibrary.org/ndspr.html>

PARENT SUPPORT

ADVOCATING



Education

Head Start

Head Start and Early Head Start are comprehensive child development programs. Regular Head Start programs are for children ages 3 and 4. Some communities offer a program specifically for families with children younger than 3 and pregnant women. A variety of services are provided through Head Start programs including health, education, parent involvement, family literacy, social services and services for children with disabilities. Call the Head Start State Collaboration office at 800.472.2622 or your local Head Start program.

www.nd.gov/dhs/services/childfamily/headstart

School Nursing

The purpose of school nursing is to support the educational process by contributing positively and significantly to the health, health attitudes and health behaviors of today's children, and consequently, tomorrow's adults. Contact the Department of Health at 701.328.2493 or your local school nurse. www.ndhealth.gov/school-nursing

Special Education

It is important to locate and identify children who are in need of special services as early as possible. Screening and assessment opportunities offered at school help identify possible areas of difficulty that could interfere with a child's learning or academic performance. Some children with disabilities may require special education services to address their unique educational needs. Contact the Department of Public Instruction at 701.328.2260 or your local special education unit. www.dpi.state.nd.us



Health-Care Coverage Options

Medical Coverage

Medicaid provides comprehensive medical, dental and vision coverage to North Dakota children and adults through a variety of coverage programs and waivers. They include:



PARENT SUPPORT

FINANCIAL HELP

ADVOCATING

- **Autism Spectrum Disorder Waiver** provides services for young children from birth to age 5 who have a diagnosis of an autism spectrum disorder. The waiver will give families access to an evaluation team that can validate their child's diagnosis and serve as a resource for the family's local service providers. Other waiver services include Developmental Disabilities Program Management, parent training and support (Intervention Coordination), and In-Home supports (additional care giving to help with day-to-day activities and respite). The waiver also provides financial help with the cost of equipment, supplies and environmental modifications. Apply by contacting the Developmental Disabilities Unit at one of the regional human service centers. Contact information is online at www.nd.gov/dhs/locations/regionalhsc.
- **Children with Disabilities Medicaid Coverage** allows qualifying children with disabilities to buy into Medicaid. The program provides comprehensive coverage through Medicaid, including dental and mental health coverage, in return for a premium. Apply at your local county social service office.
- **Children and Family Coverage** provides coverage to children younger than 21, to pregnant women, and to adult caretakers of deprived children. Most receive full coverage; however, some with higher income may be required to pay for a portion of their care. Apply at your local county social service office.
- **Children's Hospice Services Waiver** provides support to families so they can care for their children (from birth through age 21) in their homes as long as possible avoiding lengthy stays and delaying or avoiding institutional care. The child must have a diagnosis and not be expected to live longer than one year. The program also allows families to access treatments that focus on curative and comfort care for their children. To apply call 701.328.4630.
- **Children with Medically Fragile Needs Medicaid Waiver** is designed to assist qualifying medically fragile children between ages 3 and 18. The child needs to be living at home, be Medicaid eligible, be able to meet Level of Care criteria for a nursing home and meet criteria based on the Level of Need. To apply call 701.328.4630.

- **Home and Community-Based Services Waiver** provides alternative services for individuals with disabilities who are at least 18 years of age and individuals older than 65 years of age who are eligible for the Medicaid Program and have medical needs that would qualify them to enter a nursing facility. The waiver allows North Dakota to pay for alternative services needed for these individuals to remain in their own homes or community settings. Recipients may be required to pay for a portion of their care based on their income. Apply at your local county social service office.

- **Intellectual Disabilities/Developmental Disabilities Waiver** assists eligible individuals with intellectual disabilities and developmental disabilities to remain living at home and in the community. This waiver serves individuals through the lifespan (both children and adults). Services offered under the waiver include Developmental Disabilities Program Management; Infant Development (for children from birth to age 3); In-Home Supports; Assistance with transportation costs, equipment, supplies, and environmental modifications; and Adult services such as day services, job coaching, and residential services. Apply by contacting the Developmental Disabilities Unit at one of the regional human service centers. Contact information is online at www.nd.gov/dhs/locations/regionalhsc/.
- **Workers with Disabilities Medicaid Coverage** allows some individuals with disabilities who want to work, or who are already working and who want to increase their earnings, to do so without fear of losing their Medicaid coverage. It allows qualifying individuals to buy into Medicaid. The program provides comprehensive coverage through Medicaid, including dental and mental health coverage, in return for a premium. Apply at your local county social service office.

Healthy Steps is a benefit program for eligible North Dakota children to age 19 who do not have a source of health-care coverage. The program offers comprehensive medical, dental and vision coverage. Call 877.KIDS.NOW or 877.543.7669.

Caring for Children is a benefit program for eligible North Dakota children to age 19 who do not have another source of health-care coverage. The program offers primary medical and dental care, as well as mental health and chemical dependency treatment. Call 800.342.4718.

Children's Special Health Services Specialty Care Diagnostic and Treatment Program helps families pay for medical services to diagnose and treat children with eligible medical conditions from birth to age 21. Call 800.755.2714

Comprehensive Health Association of North Dakota (CHAND) provides comprehensive health insurance to residents of North Dakota who have been denied health insurance or are considered high risk. Call 800.737.0016.

Student Health Plans are available for purchase by students who don't have health insurance through a parent's health insurance policy or who have limited coverage due to network service areas. Student plans are sold by an insurer that has contracted with a college to offer coverage to its students. In general, these plans have more limited benefits and more exclusions than traditional health insurance plans. Contact an insurance agent to inquire about student health plans.

Vision Coverage

InfantSEE® is a public health program designed to ensure early detection of eye conditions in babies. Member optometrists provide a comprehensive eye and vision assessment for infants within the first year of life regardless of a family's income or access to insurance coverage. Call 888.396.3937. www.infantsee.org

New Eyes for the Needy purchases new prescription eyeglasses through a voucher program for children and adults in the U.S. who cannot afford glasses on their own. www.neweyesfortheneedy.org.

Vision USA provides basic eye health and vision care services free of charge to uninsured, low-income people and their families. Call 701.258.6766.

www.aoa.org/visionusa.xml

VSP Sight for Students is a charity that provides free vision exams and glasses to low-income, uninsured children. Call 888.290.4964.



Prescription Coverage

Prescription Connection for North Dakota is a program of the North Dakota Insurance Department that connects kids and families with free and discounted prescription drugs direct from the pharmaceutical manufacturer. Call 888.575.6611. www.rxconnectnd.org

ND Prescription Drug Repository Program collects and distributes donated medications from hospitals, hospices and other facilities so that pharmacies and physicians can dispense them to those who struggle paying for prescriptions regardless of insurance coverage. The medications and supplies are unopened and secure but cannot be resold to patients. www.nodakpharmacy.com

[NeedyMeds](http://www.needymeds.org) offers a database of medications that can be obtained free or at low cost by uninsured, low-income patients, usually through manufacturer programs.

www.needymeds.org

[Partnership for Prescription Assistance](http://www.pparx.org) offers a single point of access to more than 475 public and private patient assistance programs. It is funded by pharmaceutical companies. Call 888.477.2669. www.pparx.org

[RX Assist](http://www.rxassist.org) provides consumer information, resources, news and a directory of patient assistance programs that offer affordable or free medications. Call 401.729.3284.

www.rxassist.org

Dental Coverage

[Safety Net Dental Clinics](#) are programs that usually see patients who do not have other access to dental care. The patients typically are covered by Medicaid or the clinic offers sliding fee schedules or reduced fees.

- **Bridging the Dental Gap** is a nonprofit community dental clinic serving low-income and uninsured individuals in the Bismarck-Mandan area. Call 701.221.0158.
- **Family Healthcare Center Dental Clinic** is a federally qualified community health center serving low-income and uninsured individuals within the Fargo Red River Valley Region. Call 701.271.3332.
- **Northland Community Health Center Dental Clinic** is part of a federally qualified community health center serving low-income, uninsured and insured individuals of all ages in central North Dakota. Call 701.448.9111.
- **Red River Valley Dental Access Project** serves low-income, uninsured and Medicaid-eligible individuals who have urgent dental pain and do not have access to a dentist in Fargo-Moorhead. Call 701.364.5364.
- **Valley Community Health Center Dental Clinic** is a federally qualified health center serving low-income, uninsured and insured individuals of all ages in the Northern Red River Valley. Call 701.757.2100.

[North Dakota Donated Dental Services](#) is a network of volunteer dentists who provide dental care to the state's most vulnerable people: disabled, elderly or medically compromised individuals who cannot afford necessary treatment nor get public aid. Call 866.572.9390.

[Jerene's Wish](#) is a program that provides orthodontic treatment at a minimal cost to eligible children. For more information, call Warford Orthodontics at 701.255.1311 or e-mail info@warfordorthodontics.com.

Smiles Change Lives promotes and provides access to essential orthodontic treatment for children from low-income families. 888.900.3554. www.smileschangelives.org

The Ronald McDonald Care Mobile is a mobile dental clinic on wheels that delivers urgently needed dental care to underserved children from birth through age 21 in their own neighborhoods in the western half of North Dakota. The Ronald McDonald Care Mobile treats children who do not have a regular dentist and who have not seen a dentist within the past two years. www.rmhcibismarck.org/caremobile/

Health-Care Programs

Bridge to Benefits is a multi-state project sponsored by the Children’s Defense Fund—Midwest Region focused on improving the well-being of families and individuals by linking them to public work support programs and tax credits. For more information, call 701.400.1827 or visit nd.bridgetobenefits.org.

Shriners Hospitals for Children provide no-cost medical care to children with orthopedic problems, spinal cord injuries or burns. Call 800.237.5055.

Community Health Centers (CHC) serve all patients regardless of their ability to pay for services. CHCs are located in Beulah, Center, Fargo, Grand Forks, Larimore, McClusky, Northwood, Rolette, Rolla, Towner and Turtle Lake. Call 701.221.9824 for specific site contact information.

North Dakota Association for the Disabled (NDAD) may provide fund raising or some financial assistance for individuals with disabilities. Call 800.532.6323.

United Health Care Children’s Foundation supports the concept of facilitating access to health-related services that have the potential to significantly enhance either the clinical condition or the quality of life of the child and that are not fully covered by an available commercial health benefit plan. The Foundation provides financial assistance toward the family’s share of the cost of medical services. www.uhccf.org

Indian Health Service (IHS) provides health services to American Indians and Alaskan Natives who belong to federally recognized tribes. The IHS administers health services through IHS facilities, through tribally-operated facilities and by contracting for health services. www.ihs.gov

Service Organizations such as the Elks, Kiwanis, Sertoma, Lions and Quota may offer assistance with medical-related expenses. Check the local phone book for contact numbers.

**Please note, this is not an all-inclusive list of health-care coverage options.*

Military Resources

Medical

Tricare

888.874.9378

www.tricare.mil

Exceptional Family Members Program

Minot Air Force Base: 701.723.5720 or 701.723.5044

Grand Forks Air Force Base: 701.747.6437

Websites

www.Acttodayformilitaryfamilies.org

www.Militaryhomefront.mil



Statewide Tribal Programs

Fort Berthold Indian Reservation - Three Affiliated Tribes

www.mhanation.com/main/main.html

- Ebowoods Memorial Health 701.627.4701
- MinneTohe Health Center 701.627.4701
- Community Health Representative
 - New Town..... 701.627.3653
 - Mandaree 701.759.3441
 - Parshall 701.862.3872
 - Twin Buttes..... 701.938.4574
 - White Shield 701.743.4178

Standing Rock Indian Reservation

www.standingrock.org

- Public Health Service Hospital 701.854.3831
- IHS Clinics - Cannonball, N.D. 701.854.3453
- Community Health Representative
 - Fort Yates..... 701.854.3856
 - Cannonball..... 701.854.9926
- Tribal Health 701.854.7206
- Early Childhood Tracking 701.854.3678

Fort Totten Indian Reservation - Spirit Lake Nation

www.spiritlakenation.com

- Indian Health Service Clinic 701.766.1600
- Maternal Child Health 701.766.1251
- Tribal Health 701.766.4236
- Community Health Representative 701.766.4238
- Early Childhood Tracking 701.766.1232 or 701.766.1238

Trenton Indian Service Area

www.ndhealth.gov/localhd/TISA

- Trenton Community Clinic 701.774.0461
- Community Health Representative Coordinator..... 701.774.0303
- Tribal Health 701.774.0461

Turtle Mountain Indian Reservation

www.tmbci.net

- Quentin Burdick Health Facility 701.477.6111 or 701.477.8429
- Community Health Representative 701.477.5696
- Tribal Health 701.477.6120

INFORMATION

CHILD SUPPORT

PARENT SUPPORT

FINANCIAL HELP

ADVOCATING

Websites

Condition-Specific Websites:

Anne Carlsen Center

www.annecenter.org

Autism 101 for EMS Providers

www.papremisealert.com

Autism Speaks

www.autismspeaks.org

Autism Web

www.autismweb.com

Autism Society of America

www.autism-society.org

Autism Society of North Dakota

www.autismnd.org

Autism Research Institute

www.autism.com

Autism Today

www.autismtoday.com

Autism Link

www.autismlink.com

C.A.R.D.

www.centerforautism.com

Changing Behavior

www.youcangrowtoday.com

First Signs

www.firstsigns.org

National Autism Association

www.nationalautismassociation.org

North Dakota Autism Center

www.ndautismcenter.org

Red River Valley Asperger Network

www.impactgiveback.org/view_nonprofits

Sound Advice on Autism

www.aap.org/audio/autism



Additional Websites for Families of Children with Special Health-Care Needs:

American Academy of Pediatric
www.aap.org

Bright Futures
www.brightfutures.org

CDC Parent Information
www.cdc.gov/parents

Dr. Greene's House Calls
www.drgreene.com

Early Intervention
www.nd.gov/dhs/services/disabilities/earlyintervention

Family Village
www.familyvillage.wise.edu

Gillette Children's Specialty Healthcare
www.gillettechildrens.org

Healthy & Ready To Work (HRTW)
www.syntiro.org/hrtw

Institute for Child Health Policy (ICHP)
www.ichipufl.edu

Kids As Self Advocates (KASA)
www.fvkasa.org

Mayo Health Clinic
www.mayoclinic.com

Medical Home National Center
www.medicalhomeinfo.org

Medical Home Portal
www.medicalhomeportal.org

MUMS (parent support)
www.netnet.net/mums

National Organization for Rare Disorders (NORD)
www.rarediseases.org

ParentsPlace
www.ivillage/pregnancy-parenting

Social Security Administration
www.ssa.gov

Starlight/Starbright Children's wFoundation
www.starlight.org

University of Minnesota Children's Amplatz Hospital
www.uofmchildrenshospital.org



Notes

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Comments?

Please send comments or suggested edits for this book to:

North Dakota Department of Health
Division of Children's Special Health Services
600 East Boulevard Ave., Dept. 301
Bismarck, ND 58505-0200

Name: _____

Address: _____

Phone: _____

E-mail: _____

Comments: _____





NORTH DAKOTA
DEPARTMENT *of* HEALTH
Children's Special Health Services

600 East Boulevard Ave., Dept. 301
Bismarck, ND 58505-0200
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Fax: 701.328.1645
E-mail: dohcshsadm@ndgov
www.ndhealth.gov/cshs

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